

LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People Ages 50+



Seattle
Parks & Recreation

WINTER 2022
January 3-March 26, 2022



Register online:
seattle.gov/parks

December 14 at Noon

Come Play with Us!



Welcome to Lifelong Recreation!

WINTER Quarter 2022

January 3-March 26

Registration begins at noon,
December 14, 2021 for Session 1,
January 11, 2022 for Session 2.

Detailed registration information is found
on pages 36 and 37.

No Programs and Facilities closed on:

- January 1 New Year's Day
- January 17 Martin Luther King Jr Day
- February 21 Presidents' Day

No
Membership
Fees!

WELCOME BACK!

Our last Lifelong Recreation brochure was distributed in Winter 2020. It has been a long time, and we are so glad to be back offering programs and seeing you in person again!

We have had to make some changes to our programs due to Covid restrictions. We are bringing back classes slowly, with fewer people allowed for social distance. We are offering a few virtual and hybrid (combination of virtual and in person) classes, but most of our offerings are in person again. We are working out how we might be able to offer trips again, but that is in the future.

As you prepare to return to Lifelong Recreation programs, keep in mind the current requirements:

- You must be registered for all activities in advance. Only registered participants will be allowed to enter community centers.
- You must wear a mask and observe 6-foot social distancing.
- Please don't arrive more than 5 minutes before your class begins and leave promptly at the end of class. You are welcome to socialize outside the community center.
- Bring a water bottle to fitness classes.

All participants ages 12 and older will need to show proof of vaccination, or proof of a negative COVID-19 test, upon each and every entry to an SPR facility, community center, or pool. The entire Lifelong Recreation staff is happy to be programming and serving you again! Please say hello when you see us out and about, and as always, we love to hear from you! — Cheryl Brown

Seattle Parks Lifelong Recreation Staff



For 47 years, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!

Table of Contents

Location Map and Staff Directory	4-5	Southwest	20-22
Fitness Classes at a Glance	6-8	Special Events	20
Adult Sports	9	Social Programs	20
Aquatics, Fitness Centers, Pickleball	10	Fitness Classes	21-22
Webex for Virtual Classes	10	Southeast	23-25
Northwest	11-13	Fitness Classes	23-25
Arts and Handwork	11	SIGNATURE PROGRAMS	26-30
Fitness Classes	11-13	Outdoor Recreation	26-27
Northeast	14-18	Dementia-Friendly Recreation	28-29
Arts and Handwork	14-15	LGBTQ Rainbow Recreation	30
Lifelong Learning	15	Volunteer Opportunities	31
Fitness Classes	16-18	Community Resources	32-33
Central	19	Register for Programs, Scholarships	34-35
Fitness Classes	19		

E-Newsletter...

Receive the Lifelong Recreation Newsletter!

Go to [www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50)) and add your email address.



Most photos courtesy of: Meryl Schenker Photography, Ryan Hawk Photography.

Lifelong Recreation Inclement Weather Policy

The safety of our participants is our priority. When inclement weather occurs (snow, ice, storms), we follow the Seattle Public Schools closure decisions in determining whether it is safe to hold our classes and trips. Please listen to the news in the morning. **If Seattle Public Schools are closed or delayed, Lifelong Recreation programs are cancelled for the entire day.**

VACCINE MANDATE

The following are acceptable forms of proof of vaccination:

- CDC vaccination card or photo of vaccine card.
- Documented proof of vaccination from medical record or vaccine provider.
- Printed certificate or QR code (available at the end of September) from MyLRMobile.com.

You do not need to show identification with proof of vaccination.

People who are unvaccinated, cannot be vaccinated, or cannot prove vaccination status will be required to show proof of a negative PCR COVID-19 test taken in the last 72 hours. Documentation must be from a testing agent such as a laboratory, health care provider, or pharmacy. Self-administered rapid tests (also called at-home tests) will not be accepted. Vaccination exemptions cannot be accepted.

Proof of vaccination will be required for each entry to a recreation facility, you will not be able to enter without it.

For questions about this policy, please visit this website <https://kingcounty.gov/depts/health/covid-19/current-guidance/verify.aspx>, or contact Public Health - Seattle King County at their COVID-19 Call Center, 206-477-3977.

Thank you for your compliance with this new health standard that will help keep us all safe.

COMMUNITY CENTER LOCATIONS



Pages
11-13

Northwest

Carol Baxter-Clubine, Recreation Specialist
206-233-7138 / cell 206-399-8561 / carol.baxter@seattle.gov

1) BALLARD CC
6020 28th Ave. NW, 98107
tel: 206-684-4093
2) BITTER LAKE CC
13035 Linden Ave. N, 98133
tel: 206-684-7524

3) GREEN LAKE CC
7201 E Green Lake Dr. N, 98115
tel: 206-684-0780
4) LOYAL HEIGHTS CC
2101 NW 77th St., 98117
tel: 206-684-4052

5) MAGNOLIA CC
2550 34th Ave. W, 98199
tel: 206-386-4235

Pages
14-18

Northeast

Robin Brannman, Recreation Specialist
206-386-9106 / cell 206-300-2043 / robin.brannman@seattle.gov

6) LAKE CITY
12531 28th Ave. NE, 98125
tel: 206-256-5645
7) LAURELHURST CC
4554 NE 41st St., 98105
tel: 206-684-7529

**8) MAGNUSON PARK
Community Center**
7110 62nd Ave. NE, 98115
tel: 206-684-7026
Magnuson Brig, Building 406
6344 NE 74th St., 98115
Building 30, Workshop
6310 NE 74th St., 98115

9) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522
10) NORTHGATE CC
10510 5th Ave. NE, 98125
tel: 206-386-4283
11) RAVENNA-ECKSTEIN CC
6535 Ravenna Ave. NE, 98115
tel: 206-684-7534

Page
19

Central

Angela P Smith, Recreation Specialist
206-684-4240 / cell 206-450-9522 / angelap.smith@seattle.gov

12) GARFIELD CC
2323 E Cherry St., 98122
tel: 206-684-4788
13) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753

14) MONTLAKE CC
1618 E Calhoun St., 98112
tel: 206-684-4736
15) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

Pages
20-22

Southwest

John Hasslinger, Recreation Specialist
206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov

16) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423
17) HIAWATHA CC
2700 California Ave. SW, 98116
tel: 206-684-7441

18) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422
19) SOUTH PARK CC
8319 8th Ave. S, 98108
tel: 206-684-7451

Pages
23-25

Southeast

Anne Nguyen, Recreation Specialist
206-684-7484 / cell 206-310-8163 / anne.nguyen@seattle.gov

**20) INTERNATIONAL DISTRICT /
CHINATOWN CC**
719 8th Ave. S, 98104
tel: 206-233-0042
21) JEFFERSON CC
3801 Beacon Ave. S, 98108
tel: 206-684-7481

22) RAINIER CC
4600 38th Ave. S, 98118
tel: 206-386-1919
23) RAINIER BEACH CC
8825 Rainier Ave. S, 98118
tel: 206-386-1925

24) VAN ASSELT CC
2820 S Myrtle St., 98108
tel: 206-386-1921
25) YESLER CC
917 E Yesler Way, 98122
tel: 206-386-1245

Pages
26-30

Signature Programs

Dementia-Friendly Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Rainbow Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Outdoor Recreation
TBD:
206-849-6564
cheryl.brown@seattle.gov

AEROBICS						
Video Link: https://youtu.be/3RyasavedEE						
High Point						
44846	1/5-2/9	Wed	6:15-7:15 p.m.	S Simmons	\$42	
44863	2/16-3/23	Wed	6:15-7:15 p.m.	S Simmons	\$35	
CHAIR STRENGTH AND TONE						
Bitter Lake						
44209	1/3-2/7	Mon	1:45-2:45 p.m.	D Dragovich	\$35	
44739	2/14-3/21	Mon	1:45-2:45 p.m.	D Dragovich	\$35	
CIRCUIT TRAINING						
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM						
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0						
Bitter Lake						
44212	1/7-2/11	Fri	9:30-10:30 a.m.	R Buyce	\$42	
44742	2/18-3/25	Fri	9:30-10:30 a.m.	R Buyce	\$42	
Loyal Heights						
44210	1/4-2/8	Tue	9:30-10:30 a.m.	R Buyce	\$42	
44740	2/15-3/22	Tue	9:30-10:30 a.m.	R Buyce	\$42	
44211	1/6-2/10	Thu	9:30-10:30 a.m.	R Buyce	\$42	
44741	2/17-3/24	Thu	9:30-10:30 a.m.	R Buyce	\$42	
Meadowbrook						
44069	1/7-2/11	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$42	
44371	2/18-3/25	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$42	
DANCE FOR PARKINSON'S						
Garfield						
44738	1/6-2/7	Thu	11:15 a.m.-12:45 p.m.		Free	
DANCE - TRADITIONAL AND CONTEMPORARY ASIAN						
Van Asselt						
<i>All Levels</i>						
44664	1/8-2/5	Sat	2-3:45 p.m.	S Ma	Free	
44990	2/19-3/19	Sat	2-3:45 p.m.	S Ma	Free	
ENHANCE FITNESS						
Magnolia						
KP and ASH Members						
44215	1/4-2/15	Tue	Noon-1 p.m.	K Adolphsen	Free	
44745	2/15-3/22	Tue	Noon-1 p.m.	K Adolphsen	Free	
44213	1/6-2/10	Thu	Noon-1 p.m.	K Adolphsen	Free	
44743	2/17-3/24	Thu	Noon-1 p.m.	K Adolphsen	Free	
Self-Pay						
44216	1/4-2/15	Tue	Noon-1 p.m.	K Adolphsen	\$42	
44746	2/15-3/22	Tue	Noon-1 p.m.	K Adolphsen	\$42	
44214	1/6-2/10	Thu	Noon-1 p.m.	K Adolphsen	\$42	
44744	1/17-3/24	Thu	Noon-1 p.m.	K Adolphsen	\$42	

Magnuson						
KP and ASH Members						
44079	1/4-2/8	Tue	11:15 a.m.-12:15 p.m.	C House	Free	
44082	2/15-3/22	Tue	11:15 a.m.-12:15 p.m.	C House	Free	
44083	1/6-2/10	Thu	9:30-10:30 a.m.	J Shearer	Free	
44084	2/17-3/24	Thu	9:30-10:30 a.m.	J Shearer	Free	
Self-Pay						
44080	1/4-2/8	Tue	11:15 a.m.-12:15 p.m.	C House	\$42	
44081	2/15-3/22	Tue	11:15 a.m.-12:15 p.m.	C House	\$42	
44085	1/6-2/10	Thu	9:30-10:30 a.m.	J Shearer	\$42	
44086	2/17-3/24	Thu	9:30-10:30 a.m.	J Shearer	\$42	
Meadowbrook						
KP and ASH Members						
44087	1/5-2/9	Wed	9:40-10-40 a.m.	C House	Free	
44075	2/16-3/23	Wed	9:40-10-40 a.m.	C House	Free	
44074	1/7-2/11	Fri	9:40-10-40 a.m.	C House	Free	
44088	2/18-3/25	Fri	9:40-10-40 a.m.	C House	Free	
Self-Pay						
44073	1/7-2/11	Fri	9:40-10-40 a.m.	C House	\$42	
44076	2/18-3/25	Fri	9:40-10-40 a.m.	C House	\$42	
44089	1/5-2/9	Wed	9:40-10-40 a.m.	C House	\$42	
44090	2/16-3/23	Wed	9:40-10-40 a.m.	C House	\$42	
Rainier						
KP and ASH Members						
44647	1/3-2/7	Mon	10:30-11:30 a.m.	V Bowles	Free	
44978	2/14-3/21	Mon	10:30-11:30 a.m.	V Bowles	Free	
44652	1/5-2/9	Wed	10:30-11:30 a.m.	Y Gartz	Free	
44980	2/16-3/23	Wed	10:30-11:30 a.m.	Y Gartz	Free	
44657	1/7-2/11	Fri	10:30-11:30 a.m.	Y Gartz	Free	
44976	2/18-3/25	Fri	10:30-11:30 a.m.	Y Gartz	Free	
Self-Pay						
44648	1/3-2/7	Mon	10:30-11:30 a.m.	V Bowles	\$35	
44979	2/14-3/21	Mon	10:30-11:30 a.m.	V Bowles	\$35	
44653	1/5-2/9	Wed	10:30-11:30 a.m.	Y Gartz	\$42	
44981	2/16-3/23	Wed	10:30-11:30 a.m.	Y Gartz	\$42	
44658	1/7-2/11	Fri	10:30-11:30 a.m.	Y Gartz	\$42	
44977	2/18-3/25	Fri	10:30-11:30 a.m.	Y Gartz	\$42	
Virtual						
KP Members						
44649	1/3-2/7	Mon	11:45 a.m.-12:45 p.m.	V Bowles	Free	
44993	2/14-3/21	Mon	11:45 a.m.-12:45 p.m.	V Bowles	Free	
44655	1/5-2/9	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	Free	
44995	2/16-3/23	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	Free	
44659	1/7-2/11	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	Free	
44991	2/18-3/25	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	Free	
Self-Pay						
44650	1/3-2/7	Mon	11:45 a.m.-12:45 p.m.	V Bowles	\$35	
44994	2/14-3/21	Mon	11:45 a.m.-12:45 p.m.	V Bowles	\$35	
44656	1/5-2/9	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	\$42	
44996	2/16-3/23	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	\$42	
44660	1/7-2/11	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	\$42	
44992	2/18-3/25	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	\$42	



facebook.com/LifelongRecreationSPR/

FABULOUSLY FIT						
Magnolia						
44217	1/5-2/6	Wed	9:30-10:45 a.m.	K Adolphsen	\$61	
44217	2/16-3/23	Wed	9:30-10:45 a.m.	K Adolphsen	\$61	
FITNESS AT DELRIDGE						
Delridge						
44847	1/5-2/9	Wed	10:15-11:15 a.m.	S Simmons	\$42	
44857	2/16-3/23	Wed	10:15-11:15 a.m.	S Simmons	\$35	
JUICY JOINTS AEROBICS						
Video Link: https://youtu.be/Jl3t5-3FhH4						
Bitter Lake						
44205	1/3-2/7	Mon	9:15-10:15 a.m.	J Rayer	\$35	
44750	2/14-3/21	Mon	9:15-10:15 a.m.	J Rayer	\$35	
LINE DANCE						
Video Link: https://youtu.be/n4CVebDKpDg						
High Point						
44867	1/6-2/10	Thu	11 a.m.-Noon	S Simmons	\$42	
44890	2/17-3/24	Thu	11 a.m.-Noon	S Simmons	\$35	
Magnuson Brig						
44100	1/4-2/8	Tue	12:30-1:30 p.m.	C House	\$42	
44376	2/15-3/22	Tue	12:30-1:30 p.m.	C House	\$42	
Meadowbrook						
44101	1/6-2/10	Thu	1:30-2:30 p.m.	C Jennings	\$42	
44377	2/17-3/24	Thu	1:30-2:30 p.m.	C Jennings	\$42	
Yesler						
<i>Beginner</i>						
44844	1/4-2/8	Tue	9:45-10:45 a.m.	M Chen	\$42	
44984	2/15-3/22	Tue	9:45-10:45 a.m.	M Chen	\$42	
<i>Advanced Beginner</i>						
44845	1/4-2/8	Tue	11 a.m.-Noon	M Chen	\$42	
44983	2/15-3/22	Tue	11 a.m.-Noon	M Chen	\$42	
SOUL LINE DANCE						
Magnuson Brig						
<i>Beginner</i>						
44115	1/7-2/11	Fri	9:15-10:15 a.m.	M Silver	\$42	
44379	2/18-3/25	Fri	9:15-10:15 a.m.	M Silver	\$42	
Magnuson Brig						
<i>Beginner Intermediate</i>						
44378	1/7-2/11	Fri	10:30-11:30 a.m.	M Silver	\$42	
44116	2/18-3/25	Fri	10:30-11:30 a.m.	M Silver	\$42	



PILATES						
Video Link: https://youtu.be/C6iGDqezc3M						
Loyal Heights						
44206	1/3-2/7	Mon	Noon-1 p.m.	D Dragovich	\$35	
44752	2/14-3/21	Mon	Noon-1 p.m.	D Dragovich	\$35	
Magnuson Brig						
44106	1/5-2/9	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$42	
44110	2/16-3/23	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$42	
Northgate						
44107	1/6-2/10	Thu	5-6 p.m.	D Dragovich	\$42	
44108	2/16-3/23	Thu	5-6 p.m.	D Dragovich	\$42	
Virtual						
44109	1/4-2/8	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$42	
44124	2/15-3/22	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$42	
ROCK N' ROLL AEROBICS						
Northgate						
44112	1/6-2/10	Thu	10:30-11:30 a.m.	Mish Mish	\$42	
44113	2/17-3/24	Thu	10:30-11:30 a.m.	Mish Mish	\$42	
STRENGTH AND CONDITIONING						
Magnuson Brig						
44118	1/6-2/10	Thu	8:15-9:15 a.m.	J Shearer	\$42	
44117	2/17-3/24	Thu	8:15-9:15 a.m.	J Shearer	\$42	
TAI CHI						
Video Link: https://youtu.be/J82jluSOs5s						
High Point						
44868	1/10-2/7	Mon	11 a.m.-Noon	P Elend	\$45	
44892	2/14-3/21	Mon	11 a.m.-Noon	P Elend	\$35	
IDCC						
<i>Beginner</i>						
44872	1/6-2/10	Thu	10-10:45 a.m.	K Philomin	\$32	
44988	2/17-3/24	Thu	10-10:45 a.m.	K Philomin	\$32	
<i>Advanced</i>						
44651	1/4-2/8	Tue	10-10:45 a.m.	K Philomin	\$32	
44987	2/15-3/22	Tue	10-10:45 a.m.	K Philomin	\$32	
Green Lake						
44221	1/5-2/9	Wed	10:30-11:30 a.m.	E Baxa	\$42	
44753	2/16-3/23	Wed	10:30-11:30 a.m.	E Baxa	\$35	
Magnuson Brig						
44121	1/4-2/8	Tue	10-11 a.m.	A Baxa	\$42	
44122	2/15-3/22	Tue	10-11 a.m.	A Baxa	\$42	
Meadowbrook						
44119	1/7-2/11	Fri	8:30-9:30 a.m.	A Baxa	\$42	
44120	2/18-3/25	Fri	8:30-9:30 a.m.	A Baxa	\$42	
TAI CHI AND QIGONG						
Garfield						
44736	1/3-2/7	Mon	10:30-11:30 a.m.	E Baxa	\$35	
44737	2/14-3/21	Mon	10:30-11:30 a.m.	E Baxa	\$35	
Northgate						
44112	1/6-2/10	Thu	12:30-1:30 p.m.	A Peizer	\$42	
44111	2/17-3/24	Thu	12:30-1:30 p.m.	A Peizer	\$42	

YOGA						
Gentle Yoga						
Video Link: https://youtu.be/-rbaj950AtE						
Bitter Lake						
44218	1/5-2/9	Wed	10:30-11:30 a.m.	H Karfelt	\$42	
44748	2/16-3/23	Wed	10:30-11:30 a.m.	H Karfelt	\$42	
Loyal Heights						
44219	1/3-2/7	Mon	10:45-11:45 a.m.	MacDonald	\$35	
44749	2/14-3/21	Mon	10:45-11:45 a.m.	MacDonald	\$35	
Miller						
44898	1/3-2/7	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$35	
44899	2/14-3/21	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$35	
44902	1/5-2/9	Wed	11:45 a.m.-12:45 p.m.	L Gardener	\$42	
44901	2/16-3/23	Wed	11:45 a.m.-12:45 p.m.	L Gardener	\$42	
Meadowbrook						
44092	1/3-2/7	Mon	9-10 a.m.	H Mair	\$35	
44373	2/14-3/21	Mon	9-10 a.m.	H Mair	\$35	
Northgate						
44097	1/6-2/10	Thu	9:30-10:30 a.m.	H Mair	\$42	
44374	2/17-3/24	Thu	9:30-10:30 a.m.	H Mair	\$42	
Virtual						
44099	1/4-2/8	Tue	9:30-10:30 a.m.	H Mair	\$42	
44375	2/15-3/22	Tue	9:30-10:30 a.m.	H Mair	\$42	

Vini Yoga						
Ballard						
44640	1/5-2/9	Wed	10:45-11:45 a.m.	A Mason	\$42	
44755	2/16-3/23	Wed	10:45-11:45 a.m.	A Mason	\$35	
Magnolia						
44222	1/7-2/11	Fri	9:30-10:30 a.m.	L Dunbar	\$42	
44754	2/18-3/25	Fri	9:30-10:30 a.m.	L Dunbar	\$42	
Yoga for Arthritis and Osteoporosis						
Meadowbrook						
44937	2/14-3/21	Mon	10:30-11:30 a.m.	H Mair	\$35	
ZUMBA® GOLD						
Video Link: https://youtu.be/mzy3RR_SfuQ						
Delridge						
44855	1/4-2/8	Tue	10:15-11:15 a.m.	M Jorgensen	\$42	
44865	2/15-3/22	Tue	10:15-11:15 a.m.	M Jorgensen	\$35	
44866	1/6-2/10	Thu	10:15-11:15 a.m.	M Jorgensen	\$42	
44856	2/17-3/24	Thu	10:15-11:15 a.m.	M Jorgensen	\$35	
Loyal Heights						
44207	1/6-2/10	Thu	9:30-10:30 a.m.	D O'Neill	\$42	
44756	2/17-3/24	Thu	9:30-10:30 a.m.	D O'Neill	\$42	
Magnolia						
44223	1/7-2/11	Fri	10:30-11:30 a.m.	M Jorgensen	\$42	
44757	2/18-3/25	Fri	10:30-11:30 a.m.	M Jorgensen	\$42	



ADULT SPORTS

For information about any Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Jayson Powell at:
206-684-7092, cell 206-295-2465,
email: jayson.powell@seattle.gov.



Pickleball at a Glance

Please call the community center for days, times, and to register.

Pickleball Free

NORTHWEST

Bitter Lake	206-684-7524
Loyal Heights	206-684-4052
Magnolia	206-386-4235

NORTHEAST

Magnuson	206-684-7026
Meadowbrook	206-684-7522
Northgate	206-386-4283
Ravenna-Eckstein	206-684-7534

CENTRAL

Garfield	206-684-4788
----------	--------------

SOUTHWEST

High Point	206-684-7422
------------	--------------

SOUTHEAST

Rainier	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

Come work out at our Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call the corresponding community center for up to date fitness room information.

OUR FITNESS CENTERS ARE NOW FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

Wondering how to take VIRTUAL CLASSES?

Take a free Webex practice session!



Practice navigating Webex, our virtual programming platform for virtual classes on your computer. Gain confidence and troubleshoot any problems BEFORE your first day of class, so you are ready to go. No pressure, we are learning together!

Virtual

44853	1/3	Mon	3-4 p.m.	Free
44854	2/14	Mon	3-4 p.m.	Free



Green Lake Small Craft Center & Mt. Baker Rowing and Sailing offer beginner boating classes!



Try Rowing, Paddling, and Sailing in 2022!

For more information, call:

Green Lake Small Craft Center: (206) 684-4074 or Mount Baker Rowing and Sailing: (206) 386-1913

Let us help you get your feet wet!

POOLS - YEAR-ROUND INDOOR

Ballard Pool	206-684-4094
1471 NW 67th St.	
Evans Pool	206-684-4961
7201 E Green Lake Drive N	
Helene Madison Pool	206-684-4979
13401 Meridian Ave. N	
Meadowbrook Pool	206-684-4989
10515 35th Ave. NE	
Medgar Evers Pool	206-684-4766
500 23rd Ave.	
Queen Anne Pool	206-386-4282
1920 1st Ave. W	
Rainier Beach Pool	206-386-1925
8825 Rainier Ave. S	
Southwest Pool	206-684-7440
2801 SW Thistle St.	

Wellness Aquatic Activities

Visit <http://www.seattle.gov/parks/pools.asp> for a complete list of what Seattle Pools has to offer. Our programs include:

Lap Swim	Deep Water Fitness
Adult Swim	Hydro-Fit
Senior Swim	Stretch N Flex*
Women Only Swim	AquaZumba
Shallow Water Fitness	Adult Swim Lessons

* Low-impact and perfect for seniors looking for ways to improve joint range of motion and flexibility.





Carol Baxter-Clubine
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
carol.baxter@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-386-9094.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 2.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to winter registration. See page 34 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Programs for LGBTQ, friends, and allies.

SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. Shape Up classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

ARTS AND HANDWORK

Watercolor

If you have never picked up a brush before or are an experienced watercolorist, our classes are right for you. Receive individual attention to enhance your skills. Bring your own paints and brushes. Individual instructors will provide materials list. In this class a demonstration is taught after each lesson with instruction.

Loyal Heights

44517 1/24-3/21 Mon 10:30 a.m.-1 p.m. S Kahler \$84

PICKLEBALL SKILLS

Pickleball Skills

Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

Loyal Heights

44220	1/7-2/11	Fri	10:30 a.m.-Noon	M Anderson	\$18
44751	2/18-3/25	Fri	10:30 a.m.-Noon	M Anderson	\$18

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion.

Magnolia

44217	1/5-2/6	Wed	9:30-10:45 a.m.	K Adolphsen	\$61
44747	2/16-3/23	Wed	9:30-10:45 a.m.	K Adolphsen	\$61



Juicy Joints Aerobics

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! The second half includes toning with free weights and exercise for injury prevention.

Bitter Lake

44205*	1/3-2/7	Mon	9:15-10:15 a.m.	J Rayer	\$35
44750*	2/14-3/21	Mon	9:15-10:15 a.m.	J Rayer	\$35

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

Loyal Heights

44207*	1/6-2/10	Thu	9:30-10:30 a.m.	D O'Neill	\$42
44756*	2/17-3/24	Thu	9:30-10:30 a.m.	D O'Neill	\$42

Magnolia

44223	1/7-2/11	Fri	10:30-11:30 a.m.	M Jorgensen	\$42
44757	2/18-3/25	Fri	10:30-11:30 a.m.	M Jorgensen	\$42

Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*

Strength and Conditioning

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

Bitter Lake

44209*	1/3-2/7	Mon	1:45-2:45 p.m.	D Dragovich	\$35
44739*	2/14-3/21	Mon	1:45-2:45 p.m.	D Dragovich	\$35

Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

Bitter Lake

44212*	1/7-2/11	Fri	9:30-10:30 a.m.	R Buyce	\$42
44742*	2/18-3/25	Fri	9:30-10:30 a.m.	R Buyce	\$42

Loyal Heights

44210*	1/4-2/8	Tue	9:30-10:30 a.m.	R Buyce	\$42
44740*	2/15-3/22	Tue	9:30-10:30 a.m.	R Buyce	\$42
44211*	1/6-2/10	Thu	9:30-10:30 a.m.	R Buyce	\$42
44741*	2/17-3/24	Thu	9:30-10:30 a.m.	R Buyce	\$42



Strengthen your muscles with Rick in our Circuit Training class.

FITNESS CLASSES

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress.

Screening forms are mandatory, submit new forms prior to registration if your last form was received prior to October 2021. Forms location: <https://www.seattle.gov/parks/find-for-adults-50> or via email contact Cheryl at cheryl.brown@seattle.gov. Kaiser Permanente members with Part B Medicare coverage also must provide a copy of the membership card. Silver and Fit participants, write your member number at the top of your screening form. Mail forms to Lifelong Recreation, 4554 NE 41st St, Seattle, WA 98105.

Note: Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month.

Magnolia

KP and ASH Members

44215	1/4-2/15	Tue	Noon-1 p.m.	K Adolphsen	Free
44745	2/15-3/22	Tue	Noon-1 p.m.	K Adolphsen	Free
44213	1/6-2/10	Thu	Noon-1 p.m.	K Adolphsen	Free
44743	2/17-3/24	Thu	Noon-1 p.m.	K Adolphsen	Free

Self-Pay

44216	1/4-2/15	Tue	Noon-1 p.m.	K Adolphsen	\$42
44746	2/15-3/22	Tue	Noon-1 p.m.	K Adolphsen	\$42
44214	1/6-2/10	Thu	Noon-1 p.m.	K Adolphsen	\$42
44744	1/17-3/24	Thu	Noon-1 p.m.	K Adolphsen	\$42

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. *No class 2/23.*

Green Lake

44221	1/5-2/9	Wed	10:30-11:30 a.m.	E Baxa	\$42
44753	2/16-3/23	Wed	10:30-11:30 a.m.	E Baxa	\$35

Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

Gentle Yoga

Bitter Lake

44218*	1/5-2/9	Wed	10:30-11:30 a.m.	H Karfelt	\$42
44748*	2/16-3/23	Wed	10:30-11:30 a.m.	H Karfelt	\$42

Loyal Heights

44219*	1/3-2/7	Mon	10:45-11:45 a.m.	R MacDonald	\$35
44749*	2/14-3/21	Mon	10:45-11:45 a.m.	R MacDonald	\$35

Vini Yoga

Ballard No class 2/23

44640	1/5-2/9	Wed	10:45-11:45 a.m.	A Mason	\$42
44755	2/16-3/23	Wed	10:45-11:45 a.m.	A Mason	\$35

Magnolia

44222	1/7-2/11	Fri	9:30-10:30 a.m.	L Dunbar	\$42
44754	2/18-3/25	Fri	9:30-10:30 a.m.	L Dunbar	\$42

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Loyal Heights

44206*	1/3-2/7	Mon	Noon-1 p.m.	D Dragovich	\$35
44752*	2/14-3/21	Mon	Noon-1 p.m.	D Dragovich	\$35





Robin Brannman
Northeast
Recreation Specialist

206-386-9106 / cell 206-300-2043
robin.brannman@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-386-9094.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 2.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to winter registration. See page 34 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

ARTS AND HANDWORK

Brig Artist Studio

In this 4-hour, mentored art studio class you will work independently on your artwork in a supportive encouraging and friendly group. All levels are welcome and must be able to work independently. Individual and group critiques are given each class. All mediums welcome. Students are responsible for their own art supplies.

Magnuson Brig

44068	1/7-1/28	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$112
44067	2/4-2/25	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$112
44380	3/4-3/25	Fri	10 a.m.-2 p.m.	Pope/Frazer	\$112



ARTS AND HANDWORK

Painting in the Community

Join others to paint as a community of artists in any water medium, using your own supplies. Registration is required.

Magnuson Brig

44103	1/4-2/8	Tue	12:30-2:30p.m.	Free
44381	2/15-3/22	Tue	12:30-2:30p.m.	Free

Watercolor with Sandra Kahler

Bring your paints, brushes, and joy of painting. There will be a demonstration with the lesson, and personal instruction to further your watercolor skills. All skill levels welcome.

Magnuson Brig

44125	1/20-3/17	Thu	10 a.m.-12:30 p.m.	S Kahler	\$95
-------	-----------	-----	--------------------	----------	------

LIFELONG LEARNING

Creative Memoir Writing

Discover a gentle, supportive approach to writing. With prompts and tips, we will write first drafts together in 10-minute sessions, followed by positive feedback.

Northgate

44071	1/6-2/10	Thu	1:45-3 p.m.	A Peizer	\$53
44072	2/17-3/24	Mon	1:45-3 p.m.	A Peizer	\$53



We have opportunities to get creative!



FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Rock n' Roll Aerobics

Get in shape and have fun with an upbeat fitness class to Rock n' Roll music that will get your heart rate up, improve your stamina and flexibility. Class includes isolations, stretching, and strength training as well.

Northgate

44112	1/6-2/10	Thu	10:30-11:30 a.m.	Mish Mish	\$42
44113	2/17-3/24	Thu	10:30-11:30 a.m.	Mish Mish	\$42

Line Dance

Work out your mind and body. Learn new dance patterns to all kinds of great music.

Magnuson Brig **NEW Time**

Beginner

44100	1/4-2/8	Tue	12:30-1:30 p.m.	C House	\$42
44376	2/15-3/22	Tue	12:30-1:30 p.m.	C House	\$42

Meadowbrook **NEW**

All Levels

44101	1/6-2/10	Thu	1:30-2:30 p.m.	C Jennings	\$42
44377	2/17-3/24	Thu	1:30-2:30 p.m.	C Jennings	\$42

Soul Line Dance

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues, as well as country. Work out your mind and body. Learn new dance patterns to all kinds of great music.

Magnuson Brig

Beginner

44115	1/7-2/11	Fri	9:15-10:15 a.m.	M Silver	\$42
44379	2/18-3/25	Fri	9:15-10:15 a.m.	M Silver	\$42

Magnuson Brig

Beginner Intermediate

44378	1/7-2/11	Fri	10:30-11:30 a.m.	M Silver	\$42
44116	2/18-3/25	Fri	10:30-11:30 a.m.	M Silver	\$42

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

Come share some smiles with us this winter!



FITNESS CLASSES

Strength and Conditioning

Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between.

Meadowbrook

44069	1/7-2/11	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$42
44371	2/18-3/25	Fri	11:30 a.m.-12:30 p.m.	R Buyce	\$42

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress.

Screening forms are mandatory, submit new forms prior to registration if your last form was received prior to October 2021. Forms location: <https://www.seattle.gov/parks/find/for-adults-50> or via email contact Cheryl at cheryl.brown@seattle.gov. Kaiser Permanente members with Part B Medicare coverage also must provide a copy of the membership card. Silver and Fit participants, write your member number at the top of your screening form. Mail forms to Lifelong Recreation, 4554 NE 41st St, Seattle, WA 98105.

Note: Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month.

Magnuson New Time on Tuesdays

KP and ASH Members

44079	1/4-2/8	Tue	11:15 a.m.-12:15 p.m.	C House	Free
44082	2/15-3/22	Tue	11:15 a.m.-12:15 p.m.	C House	Free
44083	1/6-2/10	Thu	9:30-10:30 a.m.	J Shearer	Free
44084	2/17-3/24	Thu	9:30-10:30 a.m.	J Shearer	Free

Self-Pay

44080	1/4-2/8	Tue	11:15 a.m.-12:15 p.m.	C House	\$42
44081	2/15-3/22	Tue	11:15 a.m.-12:15 p.m.	C House	\$42
44085	1/6-2/10	Thu	9:30-10:30 a.m.	J Shearer	\$42
44086	2/17-3/24	Thu	9:30-10:30 a.m.	J Shearer	\$42



Exercise can really up your mood!

Meadowbrook

KP and ASH Members

44087	1/5-2/9	Wed	9:40-10-40 a.m.	C House	Free
44075	2/16-3/23	Wed	9:40-10-40 a.m.	C House	Free
44074	1/7-2/11	Fri	9:40-10-40 a.m.	C House	Free
44088	2/18-3/25	Fri	9:40-10-40 a.m.	C House	Free

Self-Pay

44073	1/7-2/11	Fri	9:40-10-40 a.m.	C House	\$42
44076	2/18-3/25	Fri	9:40-10-40 a.m.	C House	\$42
44089	1/5-2/9	Wed	9:40-10-40 a.m.	C House	\$42
44090	2/16-3/23	Wed	9:40-10-40 a.m.	C House	\$42

Strength and Conditioning

ENERGIZE your Thursdays by stretching, swooping, and strengthening! Jane will wind you through a series of exercises to build strength, flexibility, balance and achieve better overall conditioning. This class will leave you feeling happy and connected.

Magnuson Brig

44118	1/6-2/10	Thu	8:15-9:15 a.m.	J Shearer	\$42
44117	2/17-3/24	Thu	8:15-9:15 a.m.	J Shearer	\$42

FITNESS CLASSES

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Magnuson Brig

All Levels

44121	1/4-2/8	Tue	10-11 a.m.	A Baxa	\$42
44122	2/15-3/22	Tue	10-11 a.m.	A Baxa	\$42

Meadowbrook

All Levels

44119	1/7-2/11	Fri	8:30-9:30 a.m.	A Baxa	\$42
44120	2/18-3/25	Fri	8:30-9:30 a.m.	A Baxa	\$42

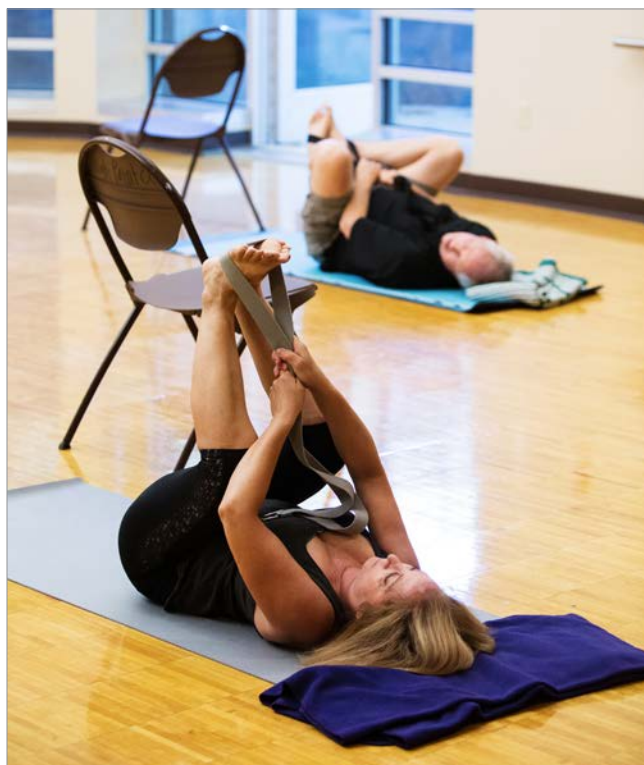
Qigong and Beginning Tai Chi

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary.

Northgate

All Levels

44112	1/6-2/10	Thu	12:30-1:30 p.m.	A Peizer	\$42
44111	2/17-3/24	Thu	12:30-1:30 p.m.	A Peizer	\$42



Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style.

Meadowbrook

44092	1/3-2/7	Mon	9-10 a.m.	H Mair	\$35
44373	2/14-3/21	Mon	9-10 a.m.	H Mair	\$35

Northgate

44097	1/6-2/10	Thu	9:30-10:30 a.m.	H Mair	\$42
44374	2/17-3/24	Thu	9:30-10:30 a.m.	H Mair	\$42

Virtual

44099	1/4-2/8	Tue	9:30-10:30 a.m.	H Mair	\$42
44375	2/15-3/22	Tue	9:30-10:30 a.m.	H Mair	\$42

Yoga for Arthritis and Osteoporosis

Loosen your joints and build bone mass. This yoga series is designed for students 50 and older and will focus on bones and joints. Class will begin and end with breath awareness and mindful meditation and include a series of poses to work each part of your body. Students must be able to be able to get up and down from the mat.

Meadowbrook

44937	2/14-3/21	Mon	10:30-11:30 a.m.	H Mair	\$35
-------	-----------	-----	------------------	--------	------

Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture.

Magnuson Brig

44106	1/5-2/9	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$42
44110	2/16-3/23	Wed	11:30 a.m.-12:30 p.m.	D Dragovich	\$42

Northgate

44107	1/6-2/10	Thu	5-6 p.m.	D Dragovich	\$42
44108	2/16-3/23	Thu	5-6 p.m.	D Dragovich	\$42

Virtual

44109	1/4-2/8	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$42
44124	2/15-3/22	Tue	11:30 a.m.-12:30 p.m.	D Dragovich	\$42



Angela P. Smith
Central
Recreation Specialist

206-684-4240 / cell 206-450-9522
angelap.smith@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-386-9094.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 2.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to winter registration. See page 34 for details.

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Dance for Parkinson's

Explore dance movements in a welcoming environment with live music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends. *Please note: registration with Seattle Parks & Recreation AND Seattle Theatre Group Dance for PD® at shawnr@stgprepresents.org is required to access the facility, as well as registration with NW Parkinson's Foundation also required at www.nwpcf.org. No class 2/24.*

Garfield

44738 1/6-2/7 Thu 11:15 a.m.-12:45 p.m. Free

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

Tai Chi

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Garfield

All Levels

44736	1/3-2/7	Mon	10:30-11:30 a.m.	E Baxa	\$35
44737	2/14-3/28	Mon	10:30-11:30 a.m.	E Baxa	\$35





John Hasslinger
Southwest
Recreation Specialist

206-256-5403 / cell 206-423-3988
john.hasslinger@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-386-9094.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 2.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to winter registration. See page 34 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

SPECIAL EVENTS

Oldies But Goodies—Line Dance Party

Lifelong Recreation's quarterly line dance party headlined by Ms. Linda Reese is here! Come in your dancing shoes and leave with a workout. Learn and dance some of the most popular classic line dances. All registrants will receive an emailed playlist and more details prior to the dance party.

High Point

44849 3/4 Fri 1:30–4 p.m. Linda Reese \$9



SOCIAL PROGRAMS

Book Clubs



High Point Book Club

Meets the 2nd Thursday of each month. Covid protocols communicated after registration.

Meets: 1/13, 2/10, and 3/10.

High Point

44859

Thu 1–2 p.m.

Free

PICKLEBALL SKILLS

Pickleball Skills

Improve your on-court skills and boost your confidence in your playing ability. New students welcome, no equipment required! *No class 2/24.*

Delridge

44850	1/6-2/10	Thu	10:15-11:15 a.m.	Dan M	\$18
44860	2/17-3/24	Thu	10:15-11:15 a.m.	Dan M	\$15

Pickleball Skills 101

Pickleball is great for the mind, body and making connections with fun people. Learn drills and practice skills like dinking, lobbing, and servicing. Then put those new skills to use in open play. New students and intermediates welcome, no equipment required. Space is limited.

Delridge No class 2/22

44851	1/4-2/8	Tue	10:15-11:45 a.m.	TBD	\$18
44861	2/15-3/22	Tue	10:15-11:45 a.m.	TBD	\$15

High Point No class 2/21

44852	1/10-2/7	Mon	11:30 a.m.-1 p.m.	M Anderson	\$12
44908	2/14-3/21	Mon	11:30 a.m.-1 p.m.	M Anderson	\$15

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.

Come see what all the excitement is about in Pickleball Skills!



FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Aerobics

Relieve your stress with an upbeat fitness class. Instructor leads routines to music that are fun and easy to learn, yet challenging enough to give you a sense of accomplishment. The instructor is a professional dance and fitness instructor and performer. *No class 2/23.*

High Point

44846	1/5-2/9	Wed	6:15-7:15 p.m.	S Simmons	\$42
44863	2/16-3/23	Wed	6:15-7:15 p.m.	S Simmons	\$35

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music. *No class 2/24.*

High Point

Beginner

44867	1/6-2/10	Thu	11 a.m.-Noon	S Simmons	\$42
44890	2/17-3/24	Thu	11 a.m.-Noon	S Simmons	\$35

Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient in this low impact Latin inspired dance fitness class. No rhythm or partner required. You'll leave exhilarated and energized! Appropriate for all fitness levels. *No class 2/22 or 2/24.*

Delridge

44855	1/4-2/8	Tue	10:15-11:15 a.m.	M Jorgensen	\$42
44865	2/15-3/22	Tue	10:15-11:15 a.m.	M Jorgensen	\$35
44866	1/6-2/10	Thu	10:15-11:15 a.m.	M Jorgensen	\$42
44856	2/17-3/24	Thu	10:15-11:15 a.m.	M Jorgensen	\$35

Strength and Conditioning

Fitness at Delridge

Build total body muscle strength using fitness bands, free weights, and floor work. Improve balance, flexibility, and agility. Instructor is a professional dance and fitness instructor, and performer. *Please bring weights to class. No class 2/23.*

Delridge

44847	1/5-2/9	Wed	10:15-11:15 a.m.	S Simmons	\$42
44857	2/16-3/23	Wed	10:15-11:15 a.m.	S Simmons	\$35



Work out in one of our fun and safe fitness classes!

Tai Chi and Qigong

Tai Chi

Learn yang style short form tai chi in a gentle, supportive class. This style was created by Professor Cheng Man Chi'ing. Tai chi promotes balance, stress relief and energy cultivation. All levels welcome. *No class 2/21.*

High Point

44868	1/10-2/7	Mon	11 a.m.-Noon	P Elend	\$45
44892	2/14-3/21	Mon	11 a.m.-Noon	P Elend	\$35



Anne Nguyen
Southeast
Recreation Specialist

206-684-7484 / cell 206-310-8163
anne.nguyen@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 34. For accommodation requests, please call 206-386-9094.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 2.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to winter registration. See page 34 for details.

RAINBOW RECREATION

Programs for LGBTQ, friends, and allies.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

PICKLEBALL SKILLS

Pickleball Skills

Pickleball is a popular paddle sport that combines elements of badminton, tennis, and table tennis. Learn the basics or brush up on your skills. This class is designed for beginning or intermediate players.

Rainier

44654	1/5-2/9	Wed	10:30 a.m.-Noon	M Anderson	\$18
44985	2/16-3/23	Wed	10:30 a.m.-Noon	M Anderson	\$18

Pickleball at a Glance

See page 9 for community center information for days, times, and registration.



Find out what pickleball is all about in our skills class!

FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

Yesler

Beginner

44844	1/4-2/8	Tue	9:45-10:45 a.m.	M Chen	\$42
44984	2/15-3/22	Tue	9:45-10:45 a.m.	M Chen	\$42

Advanced Beginner

44845	1/4-2/8	Tue	11 a.m.-Noon	M Chen	\$42
44983	2/15-3/22	Tue	11 a.m.-Noon	M Chen	\$42

Traditional and Contemporary Asian Dance

Have fun while learning new dance moves influenced by Malaysian, Chinese, and Vietnamese dance. Class is delivered in Mandarin and English.

Van Asselt

All Levels

44664	1/8-2/5	Sat	2-3:45 p.m.	S Ma	Free
44990	2/19-3/19	Sat	2-3:45 p.m.	S Ma	Free



Come join the community by taking a class or two!

FITNESS CLASSES

Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress.

Screening forms are mandatory, submit new forms prior to registration if your last form was received prior to October 2021. Forms location: <https://www.seattle.gov/parks/find/for-adults-50> or via email contact Cheryl at cheryl.brown@seattle.gov. Kaiser Permanente members with Part B Medicare coverage also must provide a copy of the membership card. Silver and Fit participants, write your member number at the top of your screening form. Mail forms to Lifelong Recreation, 4554 NE 41st St, Seattle, WA 98105.

Note: Free to Kaiser Permanente Part B Medicare coverage participants. American Specialty Health (ASH) Silver and Fit will cover in-person classes and is limited to 10 visits a month.

Rainier

KP and ASH Members

44647	1/3-2/7	Mon	10:30-11:30 a.m.	V Bowles	Free
44978	2/14-3/21	Mon	10:30-11:30 a.m.	V Bowles	Free
44652	1/5-2/9	Wed	10:30-11:30 a.m.	Y Gartz	Free
44980	2/16-3/23	Wed	10:30-11:30 a.m.	Y Gartz	Free
44657	1/7-2/11	Fri	10:30-11:30 a.m.	Y Gartz	Free
44976	2/18-3/25	Fri	10:30-11:30 a.m.	Y Gartz	Free

Self-Pay

44648	1/3-2/7	Mon	10:30-11:30 a.m.	V Bowles	\$35
44979	2/14-3/21	Mon	10:30-11:30 a.m.	V Bowles	\$35
44653	1/5-2/9	Wed	10:30-11:30 a.m.	Y Gartz	\$42
44981	2/16-3/23	Wed	10:30-11:30 a.m.	Y Gartz	\$42
44658	1/7-2/11	Fri	10:30-11:30 a.m.	Y Gartz	\$42
44977	2/18-3/25	Fri	10:30-11:30 a.m.	Y Gartz	\$42

Want to take a VIRTUAL CLASS?

Take a free Webex practice session
beforehand to learn how!

See page 9 for details.

Virtual

KP Members

44649	1/3-2/7	Mon	11:45 a.m.-12:45 p.m.	V Bowles	Free
44993	2/14-3/21	Mon	11:45 a.m.-12:45 p.m.	V Bowles	Free
44655	1/5-2/9	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	Free
44995	2/16-3/23	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	Free
44659	1/7-2/11	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	Free
44991	2/18-3/25	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	Free

Self-Pay

44650	1/3-2/7	Mon	11:45 a.m.-12:45 p.m.	V Bowles	\$35
44994	2/14-3/21	Mon	11:45 a.m.-12:45 p.m.	V Bowles	\$35
44656	1/5-2/9	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	\$42
44996	2/16-3/23	Wed	11:45 a.m.-12:45 p.m.	Y Gartz	\$42
44660	1/7-2/11	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	\$42
44992	2/18-3/25	Fri	11:45 a.m.-12:45 p.m.	Y Gartz	\$42

Tai Chi and Qi Gong

Tai Chi and Qi Gong—Beginner

Relaxing, ancient moves are taught through easy, repeating exercises followed by the beginning steps of the Tai Chi Form 24. The goal is to maintain and restore bone mass, equilibrium, balance, and poise, by activating vital energy during this moving meditation practice. No experience necessary.

IDCC

44872	1/6-2/10	Thu	10-10:45 a.m.	K Philomin	\$32
44988	2/17-3/24	Thu	10-10:45 a.m.	K Philomin	\$32

Tai Chi and Qi Gong—Advanced

Relaxing, ancient moves are taught through easy, repeating exercises. Advance to learn the easiest and most balanced Tai Chi Form 24 broken down into small steps. The goal is to maintain and restore bone mass, equilibrium, balance, and poise by activating vital energy during this moving meditation practice.

IDCC

44651	1/4-2/8	Tue	10-10:45 a.m.	K Philomin	\$32
44987	2/15-3/22	Tue	10-10:45 a.m.	K Philomin	\$32



While we look for our new Outdoor Recreation Coordinator, please contact Cheryl Brown for more information.

206-615-0619 /
cell 206-849-6564
cheryl.brown@seattle.gov

Stay Tuned!

Outdoor Recreation is our new program that encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, anything outdoor related lands here. There will be a new staff member on board who will take the lead in January! Stay tuned!

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to winter registration. See page 34 for details.

Please register quarterly for all programs using the barcode provided. See page 34 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 26.

DOG WALKS

Bring a dog, or come without one if you love dogs. Prepare to walk two to three miles, rain or shine. Meet at the designated site at 11 a.m., leash your dog, and bring poop bags. Walks are free. Please remember to register at cheryl.brown@seattle.gov so volunteer leader Sharon LeVine may contact you if there is a change.

Note: Bus riders are allowed to bring their dogs on Metro buses.



OUTDOOR RECREATION WALKS

Discovery Park Loop Walk

Walk the 2.8-mile Discovery Park Loop Trail in this first chance to meet our new Outdoor Recreation Specialist! Meet at the Environmental Learning Center at 10 a.m.. No transportation provided.

44825 1/26 Wed 10 a.m.-Noon Free

Magnuson Park Historical Walk

This historical walk will explore the lesser-known stories of BIPOC, AAPI, and other marginalized communities' utilization of Magnuson Park in the past. Discussion will highlight: Indigenous uses of the park, the Black-led swing scene in the 40's, Filipino-American experiences at the old Base, and experiences of women who were a part of WAVES. Additionally, the tour will provide participants information on architecture and the PNW military history. Meet in front of Magnuson Hangar 30. Led by Friends of Magnuson Park Executive Director, Elisa Law.

44826 2/7 Mon 10 a.m.-Noon Free

Union Bay Natural Area Walk

Explore this former landfill near the UW that has been painstakingly planted and returned to a natural habitat. Ducks, herons and songbirds have quickly taken up residence and are present year-round. Meet in the east parking lot of the Urban Horticulture Center.

44827 2/23 Wed 10 a.m.-Noon Free

Schmitz Preserve Walk

Schmitz Preserve is a section of old growth forest in West Seattle. A beautiful ravine with some elevation, but a short walk that may be extended by walking along Alki Beach. Meet in front of the Alki Community Center.

44828 3/7 Mon 10 a.m.-Noon Free

Saint Edwards State Park Walk

Enjoy a wooded walk through this beautiful State Park that has Lake Washington waterfront access. Take a peek at the new Lodge at Saint Edwards Park as well. No transportation provided; Discovery Pass required to park. Meet at 10 a.m. in front of the play structure near the lower parking lot.

44829 3/23 Wed 10 a.m.-Noon Free

SOUND STEPS WALKS

Sound Steps is a community-driven and volunteer-led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!

- Visit [http://www.seattle.gov/parks/find/sound-steps-\(50\)](http://www.seattle.gov/parks/find/sound-steps-(50)) to receive Sound Steps e-newsletter.
- Visit the Sound Steps blog at seattlesoundsteps.wordpress.com for Strider walk locations.

Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center. All paces and mobility levels welcome. Must register in advance at number below and bring proof of vaccination to each walk.

Rainier Beach Community Center Gym
45014 1/5-3/30 Wed 10:30-11:30 a.m. Free

Seward Park Sound Steps Walk

Join us for this 2.8-mile loop around Seward Park which has beautiful views of Lake Washington and the Cascade Mountains all the way around! Meet in front of the Audubon Center near the main parking lot.

Audubon Center, Seward Park
45293 1/6-2/10 Thu 11 a.m.-12:30 p.m. Free

WALK LEADER WORKSHOPS

Volunteer Walk Leader Information and Training Workshops

Looking for a volunteer opportunity? Become a Volunteer Walk Leader for the Sound Steps program. We are seeking people who want to lead weekly walks in their favorite park or neighborhood, or lead occasional walks in and around Seattle. This will be an informational session including protocols and training for volunteers, as well as a way to learn more about the program. There are 2 trainings scheduled, one in the north end, and one the south end.

Magnuson Hangar 30 Upstairs Conference Room
44830 2/15 Tue 10 a.m.-Noon Free

Mount Baker Rowing and Sailing Center, Upstairs
44831 2/28 Mon 10 a.m.-Noon Free



Tamara Keefe
Dementia-Friendly
Program Coordinator

206-615-0100 /
cell 206-399-4655
tamara.keefe@seattle.gov

Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. For more information or to register, contact Tamara Keefe, or the contact person noted in the description.

Free Programs

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit <https://arcseattle.org/Lifelong-Recreation-Donations> and designate "Dementia-Friendly Programs."

Receive monthly updates

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 2.

SOCIAL PROGRAMS

Lake City Momentia Meet-Ups

Free

Laugh, explore and connect at this inclusive, memory-friendly event for the whole community. We are rebuilding the group and would love to have you join us for improv, music, movement and more! Reach out to Emily at 206-707-1865 or emilyb@soundgenerations.org, if interested. This class is offered in partnership with Lake City Seniors and Sea Mar Latino Seniors.

Lake City CC

Reuniones de Momentia en Lake City

Gratis

Ríase, explore y conéctese en este evento inclusivo y memorable para toda la comunidad. Estamos reiniciando el grupo y nos encantaría que se uniera a nosotros para el improv, el arte, la música, el movimiento y más. Si desea asistir a clases, comuníquese con Emily al 206-707-1865 o emilyb@soundgenerations.org. Esta clase se ofrece en colaboración con Lake City Seniors y Sea Mar Latino Seniors.

Lake City CC

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: www.momentiasseattle.org.

Momentia Mondays at SESSC

Free

Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC). *Please call the SESSC to confirm the program details, at 206-722-0317.*

SESSC, 4655 S Holly St.

Mondays

10:30-11:30 a.m.

OUTDOOR RECREATION

Garden Discovery Walks - 2022 Kick-Off Event

Join a special tour of the garden at the Memory Hub—the new home base for the Garden Discovery Walks program. Learn what makes this public "memory garden" particularly accessible to people with dementia and their families. Then, spend time planting! Light refreshments provided. Space limited to 12 participants. Offered in partnership with UW Memory and Brain Wellness Center, with support from Family Resource Home Care.

Memory Hub

Friday 3/4

10:30 a.m.-Noon

Free

Out and About Walks

Free

Invigorate body, brain, and spirit with 2 to 3-mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. End with a social gathering in a nearby café.

Various Locations

2nd and 4th Fridays

10 a.m.-12:30 p.m.

Memory Loss Zoo Walks

Free

Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. Registration and screening required by calling the Alzheimer's Association at 206-363-5900.

Woodland Park Zoo

Monday/Wednesday mornings

Winter is a beautiful time to share a walk!





Tamara Keefe
Rainbow
Program Coordinator

206-615-0100 /
cell 206-399-4655
tamara.keefe@seattle.gov

Seattle Parks and Recreation strives to create respectful and safe environments, to enhance health and well-being, and to welcome community members of all backgrounds. While our LGBTQ+ neighbors are welcome in all programs, Rainbow Recreation was developed to specifically serve adults 50+ who identify from the LGBTQ+ community, and their friends and allies. We need your involvement to design programming that meets needs and interests! What would you like to see, or what can you offer? Contact tamara.keefe@seattle.gov so that we can create opportunity.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 2.

SCHOLARSHIPS

The scholarship cycle runs June 2021–June 2022. Have your application approved prior to winter registration. See page 34 for details.

FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.



Yoga

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair seated participants are welcome.

Miller

44898	1/3-2/7	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$35
44899	2/14-3/21	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$35
44902	1/5-2/9	Wed	11:45 a.m.-12:45 p.m.	L Gardener	\$42
44901	2/16-3/23	Wed	11:45 a.m.-12:45 p.m.	L Gardener	\$42



There are many different ways to volunteer—join us!



Lifelong Recreation Advisory Council

You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

Join Us!

Citizen direction and participation is essential to our success. Our advisory councils are always looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please contact Cheryl Brown at 206-849-6564.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

VOLUNTEER OPPORTUNITIES

We have lots of opportunities for you to get involved within your community!



- Lead a book club, bridge club, or mah jongg group.
- Be a field trip van driver: tours and meals comp'd.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a walk leader with Outdoor Recreation or Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see above.

COMMUNITY RESOURCES

Age Friendly Seattle's Civic Coffee

FREE virtual event where older people can meet community leaders and local government officials, ask questions and provide feedback. In 2022, we are switching to a hybrid format—streamed LIVE to audiences in multiple community locations and at home! Refreshments are served at in-person locations.



Central Branch of The Seattle Public Library, 4th floor at 1000 4th Ave. (between Spring and Madison St.) is CIVIC COFFEE's main location. It is streamed LIVE at bit.ly/AgeFriendlyLive on third Thursdays, 10:30 a.m.-Noon. with interpretation available upon request. Multilingual captioning included. Speakers and satellite locations are TBA at bit.ly/AgeFriendlyLive. With questions or to request an accommodation please call 206-233-5121 or email agefriendly@seattle.gov.

Are you 60+ years old?

Then you qualify for discounts in Seattle and King County with Gold Card for Healthy Aging!



Discounts include:

Seattle Aquarium: FREE

Woodland Park Zoo: 75% OFF

Seattle Animal Shelter: 50% OFF

For a full list of discounts or to request a card by mail, visit Seattle.gov/AgeFriendlyDiscounts.

To pick up your Gold Card in person, visit your local senior center, community center, City of Seattle's Customer Service Center, Customer Service Bureau, or Seattle Animal Shelter. No application is needed in-person, just proof of age!

**If you are between the ages of 18 and 59 and have a disability, visit Seattle.gov/AgeFriendlyDiscounts to apply for the FLASH card.*

Age Friendly Seattle

The City of Seattle has created an Age Friendly Seattle Action Plan based on the following 8 domains of livability by The World Health Organization:



1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation, and employment
7. Communication and information
8. Community and health services

Visit www.seattle.gov/agefriendly to learn more.

Are you facing aging or disability issues?



Community Living Connections
1-844-348-5464
www.communitylivingconnections.org

SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

Center/Program Locations

Due to COVID 19, centers will have varying hours of operation, so please contact your center for more information.

Ballard NW Senior Center

5429 32nd Ave. NW, 98107
206-297-0403 / ballardseniorcenter.org

Central Area Senior Center

500 30th Ave. S, 98144
206-726-4926 / <https://casrcenter.org/>

Club Bamboo

3639 MLK Jr Way S, 98108
206-774-2440 / www.acrs.org

El Centro de la Raza

2524 16th Ave S, 98144
206-957-4634 / www.elcentrodelaraza.org

Ethiopian Community Center

8323 Rainier Ave S, 98118
206-325-0304 / www.ecseattle.org

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

525 N 85th St., 98103
206-297-0875 / phinneycenter.org/gsc

International Drop-In Center

7301 Beacon Ave S, 98108
206-587-3735 / www.idicseniorcenter.org

Kin On Community Center

4416 S Brandon St, 98118
206-556-2237 / www.kinon.org

Lake City Community Center

12531 28th Ave. NE, 98125
206-268-6738 / lakecityseniors.org

Pike Place Senior Center

85 Pike St., #200, 98101
206-728-2773 / pikemarketseniorcenter.org

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

9050 16th Ave. SW, 98106
206-767-3150 / tsawwhitecenter.org

Southeast Seattle Senior Center

4655 S Holly St., 98118
206-722-0317 / sessc.org

South Park Senior Center

8201 10th Ave. S, 98108
206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St., 98104
206-624-5633 / cisc-seattle.org

Wallingford Community Senior Center

4649 Sunnyside Ave. N, 98103
206-461-7825 / wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St., 98116
206-932-4044 / sc-ws.org

REGISTRATION



FIRST CHOICE

Go to Seattle Parks and Recreation's new online registration software at http://bit.ly/spr_registration_account. Sign in, or create an account if this is your first time registering for classes with the new software. Once you are logged in, choose your programs and pay online.



SECOND CHOICE

Find your local recreation center at: seattle.gov/parks/centers.asp and stop by to register for programs and meet the staff. Please note hours of operation, as they vary across recreation centers.



THIRD CHOICE

Call your local recreation center during their hours of operation at the phone number listed at: seattle.gov/parks/centers.asp. All staff can assist you with registration.



FOURTH CHOICE

Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: ParksBSC@seattle.gov.

Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

Jesús Aguirre, Superintendent

Justin Cutler, Director of Recreation

Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-849-6564

Dena Schuler, Management Systems Analyst, 206-615-1884

Linda Guzzo, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. Lifelong Recreation programs have been allocated over \$50,000. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit https://bit.ly/spr_scholarships.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1	2	3	4
80%	Monthly	\$1,963	\$2,207	\$2,657	\$2,988
70%	Monthly	\$2,208	\$2,335	\$2,989	\$3,161
60%	Monthly	\$2,336	\$2,521	\$3,162	\$3,413
50%	Monthly	\$2,522	\$2,708	\$3,414	\$3,665
40%	Monthly	\$2,709	\$2,874	\$3,666	\$3,891



Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-386-9094 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: www.cityofseattle.net/parks/SpecialPops/index.htm.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.



Seattle Parks & Recreation

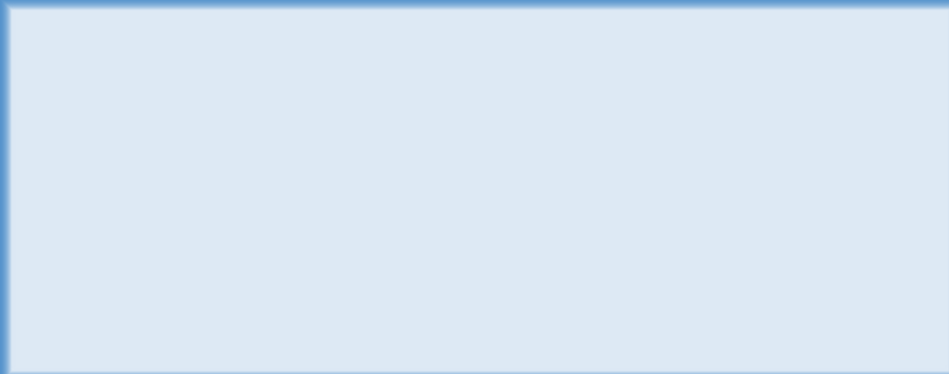
healthy people healthy environment strong communities

Lifelong Recreation

4554 NE 41st Street
Seattle, WA 98105

CHANGE SERVICE REQUESTED

PRESORTED STANDARD
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT 152



Would you like to become a Volunteer Walk Leader?

Do you enjoy walking, chatting with fellow walkers, and leading walks? Our newly formed Outdoor Recreation Program combines some favorites such as Dog Walks and Sound Steps Walks, and is looking for active walk leaders! There are two Free Volunteer Walk Leader Information and Training Workshops you can attend to learn more. Come see what it is all about! See page 27 to register.

Where: North End

Magnuson Hangar 30

When: Tuesday 2/15 from 10 a.m. to Noon

Where: South End

Mount Baker Rowing and Sailing Center

When: Monday 2/28 from 10 a.m. to Noon

